

Friday Notes

Traut Core Knowledge School

January 23, 2009

From the Principal's Office...

Dear Traut Partners,

Schools and school districts are increasingly required to report on academic achievement, fiscal status, human resource compliance, and the like, providing documentation and verification to demonstrate compliance with myriads of mandates from No Child Left Behind requirements to Americans with Disabilities Act conformity. At Traut we work hard to comply with these various directives, and we often come through with flying colors!

For us, though, the focus of these efforts only partially fulfills the pursuit of our 5 Pillars. Through academic reports, we can readily find outside accountability in how well we are doing with our Core Knowledge and Mature Literacy pillars. Student Responsibility also plays a huge role in our parent-teacher-student partnerships and leads to academic success.

How, though, are we held accountable to uphold Character Education? It is not measured from outside agencies. We have no external reporting requirements for this. How can we measure our progress? What are we doing to keep this in our daily focus?

In my travels around our building, I can provide many anecdotal accounts of students' character development. I so appreciate the wonderful eye contact and respectful interactions I have with students, but even more I am impressed with daily examples where students are showing care and consideration for each other. Teachers are daily embedding Character Education, and parents have provided solid foundations of respect and responsibility in their children.

To help promote the Character Education Pillar, next month five Traut Staff members will have the opportunity to participate in a Symposium for Character Education in Colorado Springs. We expect this conference will infuse us with a renewed zeal as we continue to guide our students in becoming good as well as smart.

Any parents who might want to attend are invited as well! This year the symposium will be extra special in that Tom Lickona, author of several books on character and a pioneer of the character education movement, will be presenting. For more information please see the brochure on the web site http://www.tcad20.org/media/EDocs/2009_Character_Symposium_Brochure.pdf.

Many thanks to all of you who continue to promote and support our 5 Pillars! We depend on each other as accountability partners in guiding our children to true success.

Sincerely,

Mark Wertheimer

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**Deadline for
inclusion in
Friday Notes is
Wednesday at
10:00 a.m.
Email to:
[jafrei@
psdschools.org](mailto:jafrei@psdschools.org)**

Traut Core Knowledge School

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[PSD Web Site:
www.psdschools.org/
schools/traut](http://www.psdschools.org/schools/traut)

Event Calendar

Monday – Friday, January 26th – 30th	READ ALOUD WEEK	Classrooms & Media	Peggy Lundeby 488-7570
Friday, January 30th	TCKS Book Swap	Media Center 3:00 – 4:30 p.m.	Jill Zonnefeld 488-7505
Monday, February 2 nd	Library Committee Meeting	Media Center 2:00 – 3:00 p.m.	Peggy Lundeby 488-7570
Monday, February 2 nd	TCKS Waiting List & Applicant Orientation	Media Center 7:00 p.m.	Belinda Nygaard 488-7500
Wednesday, February 4 th	VIPS Meeting	School Lounge 8:30 – 10:00 a.m.	Inez Bonjour 218-5401 Kim Perkins 225-0311
Thursday, February 5 th	SBMC Meeting	Media Center 7:00 – 9:00 p.m.	Mark Wertheimer 488-7501
Friday, February 6th	HOOPS FOR HEART 6th Grade	TCKS Gym	Diane Speer 488-7574
Thursday, February 12 th	Curriculum Committee Meeting	School Lounge 3:30 – 5:00 p.m.	Karen Poehlman 206-4782
Friday, February 13th	JUMP ROPE FOR HEART K – 5th Grades	TCKS Gym	Diane Speer 488-7574
Monday, February 16th	Collaboration Day K-12	NO SCHOOL	~~~~~
Tuesday, February 17 th	SMC Meeting	Media Center 3:30 – 5:00 p.m.	Mark Wertheimer 488-7501
Tuesday, February 17 th	PAB Meeting	Media Center 5:00 – 7:00 p.m.	Gregg Stonecipher 568-9021
Tuesday, February 17 th	Fort Collins Elementary Honor Choir	Lincoln Center 7:00 p.m.	~~~~~
Thursday, February 19 th	Wellness Committee Meeting	Media Center 3:15 – 5:00 p.m.	Jane Kincaid 568-9193 Corinna Kromer 282-9281
Thursday, February 19 th	Technology Committee Meeting	Media Center 7:00 – 9:00 p.m.	David Mielke 204-1169



Volunteer Hours Change

Please note that we are changing the way that we log volunteer hours. We have seen a significant drop in logged volunteer hours since we went to the on-line system, but we know that you are still volunteering. So we are introducing a paper system that may be easier for everyone. Here's how it works: when you sign in at the office, the sign sheet now has an extra column titled, "Count this as volunteer time." If you are coming to volunteer in some capacity and you want us to log your time as volunteer hours, please put a check mark or an x in that column. If you would prefer to log your own hours, or if you are here for non-volunteer time, please leave that column blank. Thank you so much for the time that you spend here volunteering and enriching the education of our kids! -- VIPS Coordinators.



<http://schoolweb.psdschools.org/traut/TrautWeb/wellness/index.html>

10 To Do's for Dealing With a Picky Eater

When you get home from a long day at work, the last thing you want to do is wage war over broccoli at the dinner table. That's why it's so easy to fall into the trap of making Mac-n-cheese or ordering pizza. It keeps you out of an "eat your vegetables" fight. The good news is, getting a picky eater to eat a nutritious meal doesn't have to be a battle. Here are some tips for dealing with a picky eater:

1. **Mix in Healthy Stuff.** Mix healthier foods into foods that your child already likes. For example: add blueberries to pancakes; mix grated zucchini or carrots into muffins, meatloaf and soups; add fruit slices to a favorite cereal; mix chunks of broccoli into Mac-n-cheese; or serve shredded veggies over rice.
2. **Include Your Kids.** Kids of all ages can help with menu planning, grocery shopping, and meal preparation. By being involved, kids will have more buy-in. If they feel some ownership over the meal, they will be more likely to eat it.
3. **Don't Buy Unhealthy Foods.** Out of sight, out of mind. If the chips and cookies aren't around, your kids can't eat them. They may resist at first, but when hungry, they'll start munching the carrot sticks. Keep healthy foods on hand - 100% fruit juice instead of colas or sugary drinks, and a bag of apples instead of a bag of chips.
4. **Establish an Eating Routine.** Serve meals and snacks at about the same times every day. Most kids like routine. If your kids know they will only get food at certain times, they'll eat what they get when they get it. Try to have snacks incorporate two food groups. For example, offer cheese and whole-grain crackers or apple slices with low-fat yogurt or cottage cheese.

5. **Have Healthy Finger Foods Available.** Kids like to pick up foods, so give them foods they can handle. Fruit and veggie chunks, raw or cooked, are great finger food options.

6. **Repeal the "Clean Your Plate" Rule.** Kids know when they're full, so let them stop. Overeating is one of the major reasons we get too many calories.

7. **Encourage Kids to "Eat their Colors."** This game works well with younger kids. Eating a variety of brightly colored foods gives kids more of the nutrients they need. Food that is bland in color often lacks nutrients.

8. **Don't Forbid Foods.** Forbidden foods can quickly become the foods of greatest desire. A scoop of ice cream or a few cookies are all right occasionally. Think moderation. Allow kids to choose a special food from time to time and let them eat it guilt free. If you cut out all the goodies, your kids will be more likely to overeat when they do get them.

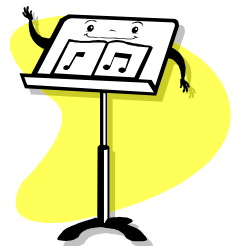
9. **Turn Off the TV While Eating.** Eating in front of the TV is distracting, and kids may not notice that they're full because they're wrapped up in the show. Eating as a family – without the TV – is a great time to catch up.

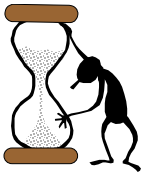
10. **Be a Good Role Model.** The best way to influence kids is by example. Don't expect them to eat spinach if you won't touch it.

Source: www.AmericanHeart.org

Chimes Choir Director Needed for 2009-10

Sadly, Julie Cory, our Director, is moving. After two short years of working with our children, our Chimes Choir is performing for the Colorado Music Educators Association later this month! Julie has continued to improve the chimes curriculum so that anyone with music reading ability and a desire to share a love of music would be well qualified to direct. **Please call Julie, 223-1560**, to talk with her about seeing one of our remaining rehearsals or asking any questions you may have. Julie will work with the next director through March to ensure a smooth transition. Let's make sure our children continue to have this enriching opportunity.





PSD School Choice Deadlines Fast Approaching

Nearly 70% of PSD students attend neighborhood schools, where PSD's rigorous standards-based curriculum is complemented by enrichment activities. However, parents who would like their children to attend a school outside of their attendance area can do so through School Choice, on a space available basis. Transportation of School Choice students is the responsibility of the parent.

Parents may choose from a neighborhood school, a school close to work, all-day or half-day kindergarten programs, before- and after-school care, and various programs and curricula.

School Choice Deadlines:

First-consideration for elementary schools (Grades K-5): Friday, February 13, 2009.

First-consideration for secondary schools (Grades 6-12): Friday, January 30, 2009.

School Choice Applications may be submitted after the first-consideration deadline until the first day of class at the beginning of the school year of requested enrollment.

Complete the **online** School Choice Application through the Poudre School District Web site at www.psdschools.org under "School Registration," which may be accessed from a home computer or any computer with Internet access; a public use computer available at the PSD Support Services Center, 2407 LaPorte Ave., or any of the District's schools. *For specific details on School Choice refer to Poudre School District School Choice Policy JFBA (available at www.psdschools.org)*



Read Aloud Week is January 26th-30th.

Attention parents of Kindergarten 2009 siblings:



The deadline to sign up for Kindergarten 2009-2010 is Friday, February 13th, 2009.

To sign up on the waiting list, you will need to access the online School Choice application at <http://www.psdschools.org/schools/schoolregistration> Click on the link "7. School Choice Application" and choose "Enter a New School Choice Application." If you have questions, call Belinda @ 488-7500.



Parents of Current 5th and 6th Graders— YOU

MUST REGISTER YOUR CHILD NOW for school next year (if you haven't already) and you would like your child to attend **Kinard Core Knowledge. The DEADLINE is Jan. 30th.** (This was NOT done for you by Traut's office.) PSD requires that **YOU sign up your child online.** For additional info. re **Kinard, please see the information sheets sent home with your child in their Friday Folders today!!!**



Book Swap

Bring a book, take a book. The book swap is Friday, January 30th, from 3 to 4 pm. Bring in up to ten gently used books to the library before Friday, January 30th. You may then take home the same number of books you brought in at the book swap. Please fill out the book swap form at the circulation desk with your name and the number of books you brought in. If you have any questions, please call Jill Zonnefeld at 488-7505. Thank you. Library Committee

Kindergarten

2009-2010

Enrollment Alert!

If you have a Kindergartner for the 2009-2010 who is a sibling of a TCKS student, he/she will not be eligible for enrollment unless you **sign up on line by Feb. 13, 2009.**

PSD does not make exceptions to this policy.
Please contact Belinda Nygaard
with any questions.
488-7500

Parents of Current 5th and 6th graders:

DON'T MISS THIS INFORMATION. . .
3 parts. . .

Action Item #1:

YOU MUST REGISTER YOUR CHILD NOW for school next year (if you haven't already) for your child to attend Kinard Core Knowledge. **The DEADLINE is Jan. 30th.** (This was NOT done for you by Traut's office.) PSD requires that **YOU** sign up your child online at www.schoolweb.psdschools.org/kinard. Click on "School Choice Application," then "Enter a New School Choice Application." You will need your student's ID to enter. Any questions may be directed to Susan Klock at Kinard, 488-5414, or Belinda in our office, 488-7500.

PARENTS: Print and retain a copy of your child's confirmation. It is your proof of application. If you don't have this, see Action Item #3 below. . .

Action Item #2:

If you have a 5th or 6th grade student that will be coming to Kinard, and you would like to receive email from Kinard about the upcoming 2009-2010 school year, please email Becky Palmer at rpalmer@psdschools.org

Please include student's first and last name, grade they will be in next year, a valid email address, and parents' first and last names.

Action Item #3:

Student visitations to Kinard:

Current 5th and 6th grade Traut students will be visiting Kinard together during a planned morning this spring (April 24). If you feel your student needs more visitation time than this, please call Susan Klock at Kinard to schedule this individually with her. There are dates/times available now – but only through early March.